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CHICKEN & PEPPER STIR-FRY

A classic French casserole-style meal.

Serves 1. (For two or more portions,
duplicate main ingredients)

Per serving: 276 calories, 2.4g fat
(Excluding rice)

Per serving: 432 calories, 3.4g fat
(Including rice)

Prep time: 10 mins

Cook time: 12 mins

INGREDIENTS

1 Chicken breast, chopped
½ red and ½ green pepper, deseeded and
chopped into bite-sized squares
4 button mushrooms, halved
2 sticks of celery, chopped
½ red onion, coarsely chopped.
1 clove of garlic, crushed
A little fresh ginger, grated.
1 tsp honey
2 tbsp soy sauce
1 tbsp chilli and garlic dipping sauce
Fresh coriander (optional)
55g (dry weight) basmati rice
1 vegetable stock cube
Black pepper, freshly ground
Rapeseed oil spray

METHOD

RICE

1. Place the vegetable stock cube with water in a saucepan and bring to the boil.
2. Add the rice to the boiling water and cook for 12 minutes.

STIR-FRY

1. Heat a non-stick frying pan with a spray of rapeseed oil and some freshly ground black pepper. When the pan is hot, add the crushed garlic and the chopped chicken and fry until almost cooked.
2. Add the chopped red onion, peppers, celery, mushrooms and toss with the chicken. Do not over-cook the vegetables.
3. Add the grated ginger with the honey, soy sauce and fresh coriander and mix well. Serve immediately. Serve with soy sauce if required.

